

Awaking the Sleep Message in WIC

Colorado WIC Wellness Coordinator Call June 10, 2013

Welcome!



Let's practice using the chat box!

Please type your name and agency in your chat box, so we know you have joined us!

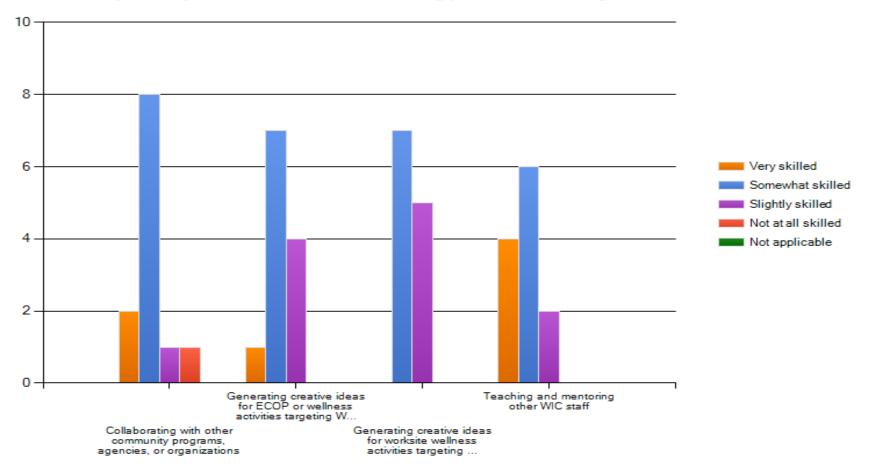
WC Survey





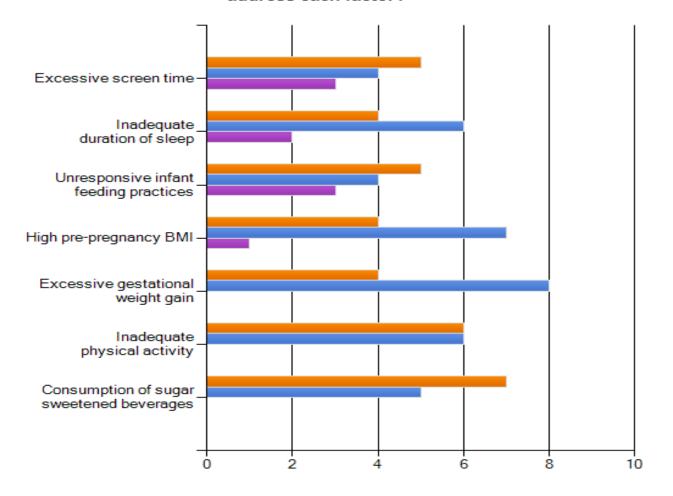


The following is a list of activities related to early childhood obesity prevention (ECOP), wellness, and the role of the Wellness Coordinator. How skilled do you feel you are to perform the following practices or strategies?





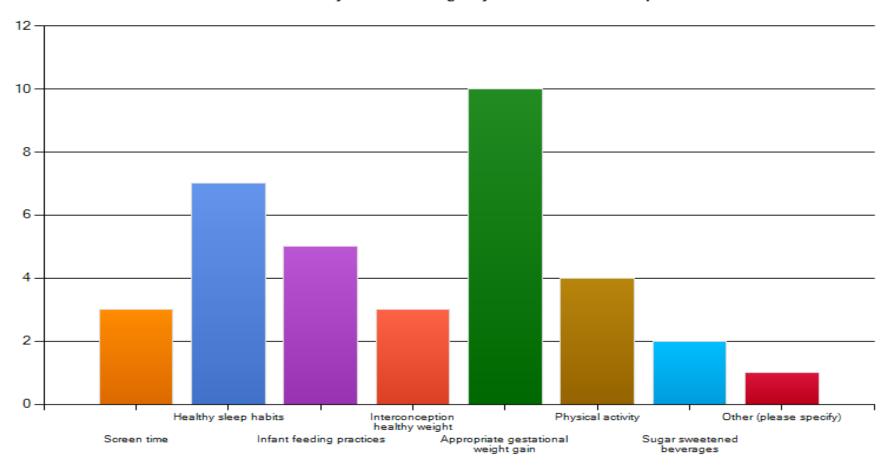
The following is a list of key factors related to early childhood obesity (ECOP). How knowledgeable do you feel you are about strategies to address each factor?



Very knowledgeable
Somewhat knowledgeable
Slightly knowledgeable
Not at all knowledgeable

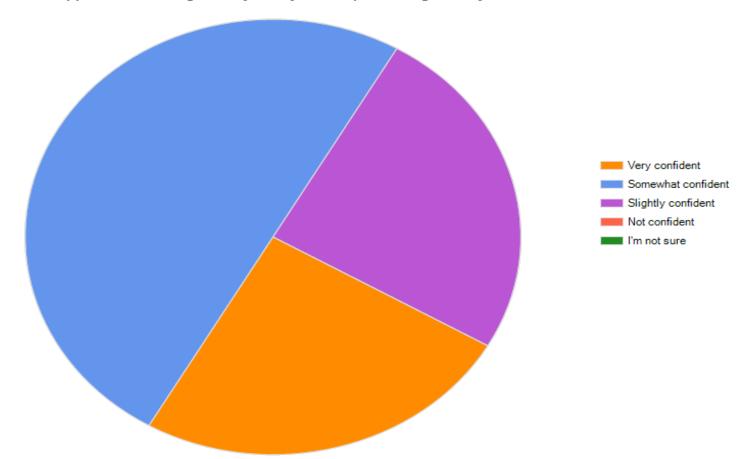


Please indicate your three most preferred topic areas to learn, discuss, and exchange ideas about with other Wellness Coordinators. Please consider areas which interest you personally and those needing the most attention within your clinic or agency. Please select three options.





When thinking about your agency or clinic as a whole, how confident are you that staff have the skills and knowledge necessary to provide effective support in achieving healthy lifestyles and preventing obesity?



What does all of this mean?



- Skill building in planning and implementing creative ECOP ideas for participants may be a need.
- Sleep, infant feeding, and screen time strategies are priority needs for development.
- Sleep, infant feeding, and appropriate gestational weight gain are preferred topics.
- Among our agencies, there is some level of need for skill and knowledge building among staff.

Pilot Project Evaluation Tool



- Google doc shared between each Wellness Coordinator and Tracy.
- Record any and all activities related to your role as a Wellness Coordinator.
- Data will be compiled together as part of evaluation of the pilot.
- Only you and Tracy will see your data.

ECOP Messaging



Today's message of interest:

Help your child sleep better in a TV-free space.

Target: Mothers, fathers, grandparents, & other caregivers

Supporting points:

- Studies show children who sleep less are at higher risk of obesity.
- Television in the bedroom may be disruptive to healthy sleep routines.
- Try calming activities prior to bedtime such as a bedtime story or a warm bath.

What should we say about sleep?



- Healthy sleep habits influence how much a child sleeps.
- Children who sleep less may be at higher risk of overweight or obesity.
- Use positive parenting practices that result in good "sleep hygiene".

http://extension.missouri.edu/explorepdf/hesguide/humanre l/gh6116.pdf

Awakening the Sleep Message



How can WIC staff effectively & creatively teach healthy sleep habits to families?

What can WIC staff do with this message?

Help your child sleep better in a TV-free space.

Notes from the field



The following ideas were generated from Wellness Coordinators during the call:

- Given that sleep habits aren't routinely discussed during the nutrition interview, WIC staff can use other topics as a segway to talk about healthy sleep habits. Potential segway topics include:
 - Physical activity: moving more during the day can help children sleep better!
 - Nighttime feeding
 - Sugar sweetened beverages: contain sugar and often caffeine that can interfere with sound sleep or falling asleep.
 - Potty training
 - Bedtime routines when a child lives with both parents in separate households.

Notes from the field



The following are ideas generated from the group about creative methods of teaching families healthy sleep habits:

- Post a poster related to sleep in the clinic to stimulate conversation.
- Topic of the month with bulletin board or table.
 Educators and reinforce with related items during the WIC visit.
- Sleeping calendar for parents to keep track of # of hours of sleep and patterns.

Assignment by July 31, 2013



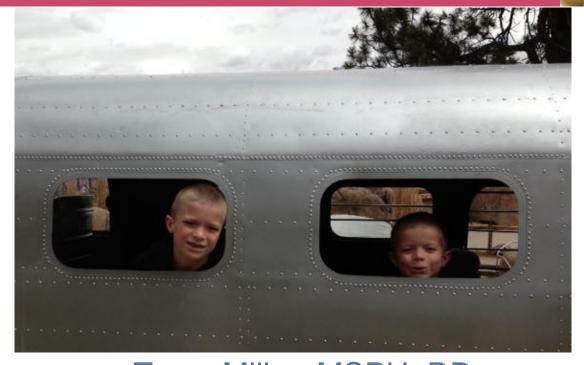
Complete an activity related to healthy sleep habits in your agency or clinic.

Document the activity in your Google tracking log.

Think about what you might share about this activity with your regional training group.

Document any other activities to date in your Google tracking log.

Thank you!



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